



# LAKES

ON ELDRIDGE  
NORTH

Volume 11, Issue 8

August 2012

## Build Trust and Routine to Reduce Jitters

10 WAYS TO PREPARE YOUR CHILD FOR ELEMENTARY SCHOOL

*Written by Brandi Muse owner, Primrose School at Summerwood*



This fall a new group of 5- and 6-year-olds will embark on a significant milestone of their educational journey – starting kindergarten or first grade. Whether you’ve been through years of preschool or not, the transition into “big kids’ school” can cause parents and children alike some first-day jitters.

“Kindergarten and first grade are full of excitement and fun! There’s no need to be nervous,” says Dr. Mary Zurn, vice president of early childhood education at Primrose Schools. “If you prepare your child for the transition with a few simple adjustments to your routine, you will end up enjoying the milestone and dispel some of those natural twinges of sadness as you see your ‘baby’ grow up.” To help ease the transition to independence, Dr. Zurn suggests the following 10 tips to help calm kindergarten jitters:

Establish a daily routine that fits your family’s schedule and ask everyone to do his or her best to stick to it. Consistently begin morning activities at the same time every day. Don’t wait until school begins - start at least two weeks before the first day and continue the routine throughout the year.

Nighttime routines are important, too. The whole family can help make mornings easier by taking care of tasks the night before. Try making it a habit to pack book bags, complete homework and pick out the next day’s clothes in the evening to avoid morning mayhem.

Get your rest. Read a bedtime story early enough in the evening for children to get a good night’s sleep. Many morning issues can be avoided if everyone is rested and ready to begin the day.

Read, read and read some more. It is often the anticipation of the unknown that makes children anxious about kindergarten. Reading about starting school gives children an opportunity to imagine their own experience and express their fears. The following books are fun to read and can help children prepare for the feelings they might experience when school starts:

*When Mommy and Daddy Go to Work* by Joanna Cole

*First Day* by Joan Rankin

*The Kissing Hand* by Audrey Penn

*Don’t Go* by Jane Breskin Zalben

Prepare your kindergartener for longer periods of separation in increments. Before leaving your child at school for the first time, have



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Please e-mail articles and/or photos to [loen@peelinc.com](mailto:loen@peelinc.com).

Submissions must be received by the  
10th of the month for the following month's issue.  
(Advertising deadline is the 8th of the month.)

## Build Trust... - (Continued from Cover Page)

him or her stay with a grandparent or a babysitter for increasingly longer periods of time. This will teach your child to trust that you will always return.

Tour the school with your child. Visit the classroom, meet the teacher and tour the playground so the places and faces they will see on the first day feel familiar and safe. Afterward, talk about what both of you saw and how fun the different activities looked. Refer to the teacher by name to help your child think of her as a person you know and trust. Reinforce the idea of school as a safe place to learn and play.

Set the stage. Talk to your child about kindergarten and help him or her visualize what the day's activities are likely to be. "On Monday when you go to school, you will see your friends, play on the swings and read stories. Ms. Smith will be there to help you. It will be a great day! And mommy or daddy will be there to take you home when school is over for the day."

Shop for school supplies. Children love shopping for school supplies. Give your child the opportunity to pick out a few items he or she likes (within reason, of course) to provide a sense of ownership and responsibility in the decision-making process.

Say a quick "goodbye" and promise to come back. When dropping your child off at school, give a quick hug and kiss, cheerfully say goodbye and promise to return later. When you linger, you undermine your child's confidence that you feel good about where you are leaving her.

Establish a partnership with your child's teacher. Children look for emotional cues from mom and dad's behavior. The more comfortable you are with your child's teacher, the more comfortable your child





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## Attention All Cypress Ranch 2013 Senior Parents!

Please watch for your 2013 M.A.N.E. (Mustangs at Nights End) After prom party information packet! **\*\*AND\*\*** Please stop by our table at Mustang Corral for all meeting dates, fundraising events and volunteer information.

## Cypress Texas Tea Party

It is the purpose of the Cypress Tea Party to work for the return of the United States of America to the conservative constitutional principles on which the Republic was founded. Those principles being freedom and liberty for the citizens, smaller government, limited government interference in the lives of citizens and less government spending.

We meet every three weeks from Noon to 2:00 PM on Saturday at:

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**David M. Wilson, Director, Cypress Texas Tea Party**

**cypresstexasteaparty@gmail.com**

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# Gratitude is the key

## Unlocking The Doors To Treasures In Our Children

By Sugandha Jain

Gratitude is an instant mood converter. Gratefulness is the knife that melds impatience to patience, fear to love and anxiety to peace. Enveloped by the clouds of thankfulness, we can soar high in the air of optimism. Our aura is immediately cleansed when we fill our thoughts with praise. Relationships glow under the varnish of a positive expression in mutual affection.

We only have to look around us to realize how blessed we are. Being mindful of the generosity of people, beauty in our surroundings and the uniqueness of our own spirits can help us appreciate our fortunate existence.

Opening ourselves to receiving divine grace that is already a part of our lives makes us acknowledge our own sacredness. We appreciate our oneness with the universe and what we feel as a result, is gratitude on being a part of the whole. We feel love, we feel complete.

Modeling gratefulness with our families can help children open their hearts to the love and light in everything they do. Daily writing in their Gratitude Journal can gradually shift children's consciousness to a higher dimension.

Constantly reminding children to see the lessons presented by events instead of sulking on challenges can be an exercise in life-long learning. When we encourage children to make choices, evaluate them and re-choose options that help them feel grateful, we show them how to be free.

Together, we find that our interactions with each other have always been complete; the missing link in the puzzle in seeking out and seeding in the Om of smile- the symbol of thankfulness.

*Sugandha Jain is a Master Registered Texas Trainer and Director of Accreditation at a local preschool.*

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# Lakes on Eldridge North

CY-FAIR WOMEN'S CLUB

## Women Serving the Community

Making a difference is what we strive for all year long. It was an honor creating the Breast Cancer Pillows this month and it was a pleasure to meet our scholarship recipients during our June meeting. We wish them all great success in their personal endeavors.

We are very proud to have had the opportunity to support several organizations again this year. A few of these organizations are Reach Unlimited, Mission of Yahweh, Cy-Hope, Cypress Assistance Ministries, Magnificat House and the Glory Ranch. Our goal is to continue assisting our community and making a personal difference.

Please remember to come join us in August, as we are all looking forward to a SPA like experience to help us prepare for our very special marketplace event "Shop Til You Drop" on September 8th. Mark your calendars. You don't want to miss this event!

CWC is a service organization that gives back to the community. This



means that all funds raised will go right back to the community in the form of scholarships for graduating high school seniors, at Lone Star College, Cy-Fair and grants to other non-profits in our community, as well.

Membership into the Cy-Fair Women's Club is open to all ladies in Northwest Houston/ Cypress neighborhoods. Currently we meet the first Thursday of most months at West Houston Church of Christ. Our meetings begin with social time and refreshments at 7:00p.m. immediately followed by a program at 7:30p.m. The church is located at the corner of Queenston and West Road.

Our monthly meetings are not only educational and enjoyable, but they develop lasting fellowships. We look forward to meeting you there! If you have any questions about our club or need directions to the church, please contact Susan McLeroy, Membership Chair at [sudomac@comcast.net](mailto:sudomac@comcast.net).



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## Free Health Screening

Free health screening will be held at Vaughn Healthy Aging Center's Open House on Saturday - 08/11/2012 for seniors in the Cypress and surrounding areas. The center will also offer an array of free services for area seniors, including counseling, job retraining classes, networking for caregivers and entertainment. This will be located off Jones Road at 11020 Saathoff Road - Houston, Texas 77070 • The Grand Opening will be held on Monday - 09/10/2012 • 1-800-281-1088 or 713-291-1567 • [www.vaughnngage.org](http://www.vaughnngage.org)

## Cypress-Tomball Democrats August Meeting

The Cypress-Tomball Democrats will hold their next monthly meeting on Wednesday, August 15th, at a new location: Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m.

July's guest speaker will be Cheasty Anderson from the Center for Public Policy Priorities. She will discuss the Affordable Health Care Act, how it is affecting our lives now and in the future.

All are welcome to join this growing club. Meetings are held on the third Wednesday of every month. For more information, contact Olga Moya at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com).

## Hello Mustang Family!

The 2012-2013 school year is coming up fast. We wanted to let you all know about "Corral Days", which will be coming up soon. "Corral Days" are the days and times that CyRanch has designated for all the incoming freshman, sophomores, juniors, and seniors to visit the school to pick up their schedules, take yearbook pictures, and pick up their books. This is also an opportunity for the Seniors and Juniors to get their parking passes.

The parents are able to sign up for Booster Club, pay into their child's lunch account, order yearbooks, and pick up Mustang Spirit wear. Varsity Football players will also have the opportunity to prepay for their pre game meals and carb load meals with the MOMs Club.

It is important that the parents come and be prepared to write a few checks to the school. The incoming freshman can also take a tour of the campus and have the opportunity to have meetings with their teachers.

### FRIDAY AUGUST 17TH

10th grade 8:30 - 9:30 | 12th grade 10 - 12 | 11th grade 1 - 3

### SATURDAY AUGUST 18TH

9th grade 9 - 12

Please make plans for your student and yourself to attend these "Corral" dates and times to ensure they are ready for an awesome year at CyRanch High School.

# Did you forget the name of that...



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# Lakes on Eldridge North

## American Heart Association FALL 2012

### BAY AREA HEART WALK

**Location:** Kemah Boardwalk, 502 Texas Avenue, Kemah

**Date:** Saturday, October 27, 2012

**Time:** 7:30 AM

**Event Chair(s):** Mike Cornett, President, Texas Citizens Bank

**Tariff:** To register please contact AHA

**Contact:** Katie Gallagher | [katie.gallagher@heart.org](mailto:katie.gallagher@heart.org) | 713-610-5000

**Website:** [www.bayareaheartwalk.org](http://www.bayareaheartwalk.org)

### HOUSTON HEART WALK

**Location:** Reliant Park, Houston

**Date:** Saturday, November 3, 2012

**Time:** 8:30 AM

**Event Chair(s):** Ryan Lance, Chariman and CEO of ConocoPhillips

**Tariff:** To register please contact AHA

**Contact:** Myra Robinson | [myra.robinson@heart.org](mailto:myra.robinson@heart.org) | 713-610-5000

**Website:** [www.houstonheartwalk.org](http://www.houstonheartwalk.org)

### MONTGOMERY COUNTY HEART WALK

**Location:** Aon Hewitt - Northshore Park, The Woodlands

**Date:** Saturday, November 3, 2012

**Time:** 8 AM

**Event Chair(s):** Stu Brightman - President of TETRA Technologies

**Tariff:** To register please contact AHA

**Contact:** Michele Shifflett | [michele.shifflett@heart.org](mailto:michele.shifflett@heart.org) | 713-610-5000

**Website:** [www.montgomerycountyheartwalk.org](http://www.montgomerycountyheartwalk.org)

### NORTHWEST HARRIS COUNTY HEART WALK

**Location:** Lone Star College - CyFair, 9191 Barker Cypress Rd.

**Date:** Saturday, November 3, 2012

**Time:** 8:30 AM

**Event Chair(s):** Brad Robeson, President, NCI Building Systems

**Tariff:** To register please contact AHA

**Contact:** Priscilla Luna | [priscilla.luna@heart.org](mailto:priscilla.luna@heart.org) | 713-610-5000

**Website:** [www.nwharrisheartwalk.org](http://www.nwharrisheartwalk.org)

### GREATER LAKE HOUSTON HEART WALK

**Location:** Lone Star College - Kingwood, 20000 Kingwood Dr., Kingwood

**Date:** Saturday, November 10, 2012

**Time:** 8 AM

**Event Chair(s):** Raymond Little, MD- Houston Heart & Vascular Associates

**Tariff:** To register please contact AHA

**Contact:** Morgan Dean | [morgan.dean@heart.org](mailto:morgan.dean@heart.org) | 713-610-5000

**Website:** [www.greaterlakehoustonheartwalk.org](http://www.greaterlakehoustonheartwalk.org)

## Back To School Checklist

### *Ensuring a Healthy Return to the Classroom Begins at Home*

As a parent, there's no doubt that back-to-school season requires a lot of effort to get your kids all set for the challenges of the classroom. But it's also an important time to consider your child's health, says Daniel Howard, M.D., a pediatrician with The Austin Diagnostic Clinic (ADC).

"From making sure all of the proper vaccinations have been administered on schedule, to getting their kids back on 'school year' sleep schedules, health is obviously a huge consideration for parents with school-age children," Dr. Howard says.

- **Vaccinations 101.** Children should receive a variety of vaccinations and booster shots to prevent them from getting many serious and highly contagious diseases.
- **Hearing and vision tests.** Consider getting your child's hearing and vision tested before they begin school to prevent learning challenges in the classroom.
- **Health information.** Parents should be prepared to provide schools with a list of emergency contact information that includes telephone numbers for parents, close family, pediatrician, and dentist.
- **Diet and sleep.** Healthy eating is a critical part of a child's physical and mental development and can help curb the risk of childhood obesity. Sleep is also essential—kids should get between eight to 11 hours per day, depending on their age.

*Daniel Howard, M.D., is a pediatrician for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than six locations throughout Austin and Central Texas. Dr.*

*Howard sees patients at the ADC Cedar Bend, at 2400 Cedar Bend Drive. For more information, visit [www.adclinic.com](http://www.adclinic.com) or call*

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# Lakes on Eldridge North

## CY-FAIR KIWANIS CLUB

Scholarships were awarded to outstanding Key Club members in late May. Awards of \$1000 each went to Megan Islin of Cy-Ranch High School; Layeeka Ismail of Cy-Falls High School and Ryan Nava of Cy-Falls High School. Additional awards of \$500 each went to Brooke Alexander and Katherine Morgan of Cy-Ranch and to Julie Nguyen of Cy-Falls.

The primary criterion for the scholarship is that the recipient be an outstanding Key Club member. To be outstanding one must have served his club and the community and maintained a scholastic average that qualified him for college admission. Congratulations to the winners. We are proud to honor such outstanding young citizens and to be the Kiwanis sponsor for these schools.

Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities, such as the Triathlon. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide.

The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair Schools; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International.

If you would like to know more about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373 or George Crowl at 832-467-1998.

## ST. MARY'S FALL GIFT MARKET

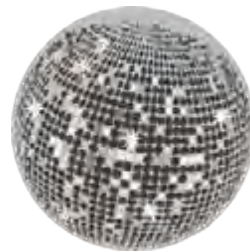


On September 28 and 29, from 9 a.m. to 3 p.m., St. Mary's Episcopal Church is hosting its annual Fall Gift Market. This is the ideal event to kick off your holiday shopping and decorating!

The convenient location at the corner of Louetta Road and N. Eldridge Parkway makes it easy to shop the selection of unique jewelry, home decor, flower arrangements, handcrafted gifts, collectibles, pottery, candles and trendy clothing for ladies and children.

The Fall Gift Market also features The Tea Room offering the famous taco soup, sandwiches, desserts and homemade baked goods, plus the Silent Auction/Raffle benefiting church-affiliated projects and outreach.

For more information, please visit [stmaryscypress.org](http://stmaryscypress.org), or call Jennifer (281-655-8774) or Terri (713-301-8791).



with the  
**dancing  
doras!**

**Bailadora Dance Clinic  
2012  
Langham Creek High School**

**Saturday, September 15  
9:00 a.m.-1:30 p.m.  
Boys & Girls, ages 3-high  
school**

Register at:

[www.bailadoras.com](http://www.bailadoras.com)

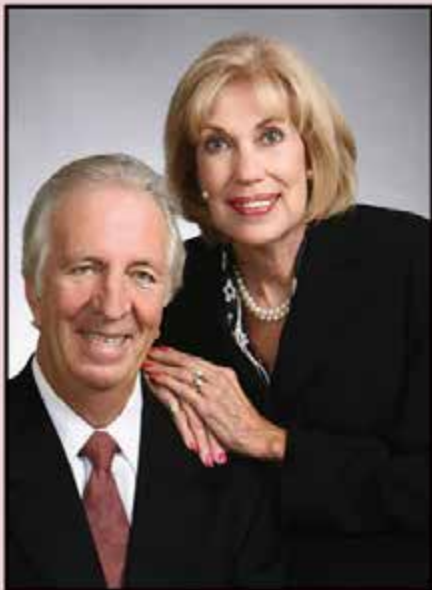


**Come watch your dancer perform!  
Dancing with the Doras Finale at 1 pm!**

# School is Starting... drive with extra care!

Lets all work together to help make our streets safer for our children this coming school year. We can do this by leaving home earlier, driving slower, and asking all our friends and neighbors to do the same!

*Buying, selling or relocating, please remember us!*



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# Lakes on Eldridge North

## Immunizations: Not Just for Kids

By: Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the immunization schedule to the right for generally healthy adults and adolescents.

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

*\*Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>*

### IMMUNIZATION SCHEDULE RECOMMENDATIONS

#### INFLUENZA:

Yearly, especially if at risk

#### MENINGOCOCCAL:

One dose, age 11-12 or 13-18 if not previously immunized

#### TETANUS-DIPHTHERIA/TETANUS

One dose, age 11-12, then booster

#### DIPHTHERIA-PERTUSSIS:

every 10 years

#### HUMAN PAPILLOMA VIRUS

Three doses, age 11-26 (females only):

#### MEASLES - MUMPS - RUBELLA:

If born after 1956, one or two doses if never immunized up to age 65

#### PNEUMOCOCCAL:

One dose, at or after age 65

#### VARICELLA (CHICKEN POX):

Two doses if no prior infection or immunization received

#### ZOSTER (SHINGLES):

One dose, at or after age 60




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# PURPLESTRIDE HOUSTON 2012



## FIGHT PANCREATIC CANCER!

**November 17 | Reliant Park**

Chip-timed 5K run and awareness walk

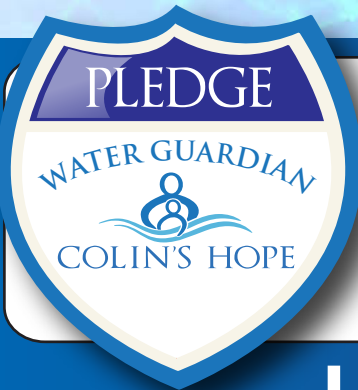
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**[www.purplestride.org/houston](http://www.purplestride.org/houston)**

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## Take the Colin's Hope Water Guardian Pledge

**I WILL** constantly watch children around water.

**I WILL NOT** become distracted.

**I WILL** maintain a valid CPR certification.

**I WILL** be on duty until relieved by an adult.

## LAYERS OF PROTECTION



**CONSTANT VISUAL  
SUPERVISION**



**LEARN TO SWIM**



**WEAR LIFE  
JACKETS**



**MULTIPLE BARRIERS ON  
ALL POOLS & HOTTUBS**



**KEEP BACKYARDS &  
BATHROOMS SAFE**



**LEARN CPR**



**CHECK POOLS/HOTTUBS  
1ST FOR MISSING CHILDREN**



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ONLINE**



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